

### **ABSTRACT OF THE INVENTION**

A self-energizing and de-energizing adjustable gripping tool for engaging a workpiece to impart movement thereto includes a first element and second element connected for relative angular movement. The second element includes an actuation portion having a plurality of slots. Each of the slots includes a first section and a second section wherein the first and second sections each define divergent paths. The first element includes a gripping portion having a plurality of gripping elements and a plurality of aligning elements. Each gripping element has a pin connected thereto. One of the aligning elements is disposed between a pair of adjacent gripping elements. One of the force transfer elements engages one first section and one of the aligning elements engages one second section such that movement of the second element relative to the first element results in the first sections contacting each of the force transfer elements to actuate the gripping elements and the second sections contacting the aligning elements to maintain orientation of the first element with respect to the second element.